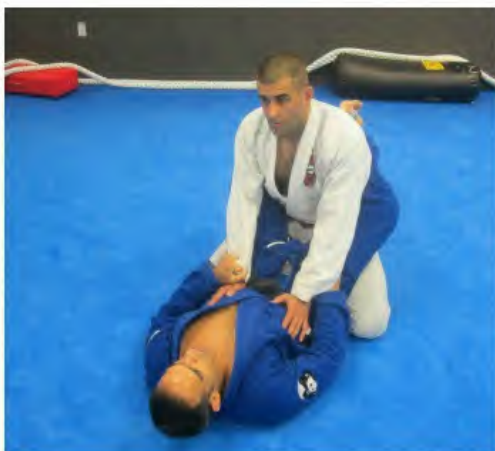


# ***KEN'S BLACK BELT TIP***

The armbar is a common technique in jiu-jitsu. I truly believe that people like Roger Gracie can get this move on black belts because he lifts his hips early and continues throughout the movement. Many people differ with their details. Be sure to find the movement that is right for you. I find the details I show to be effective for me.

## **1** **Armbar**

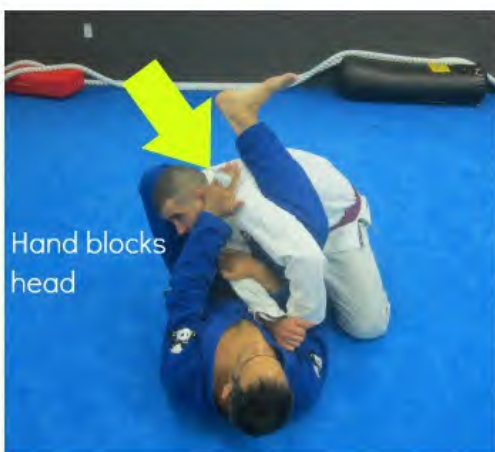




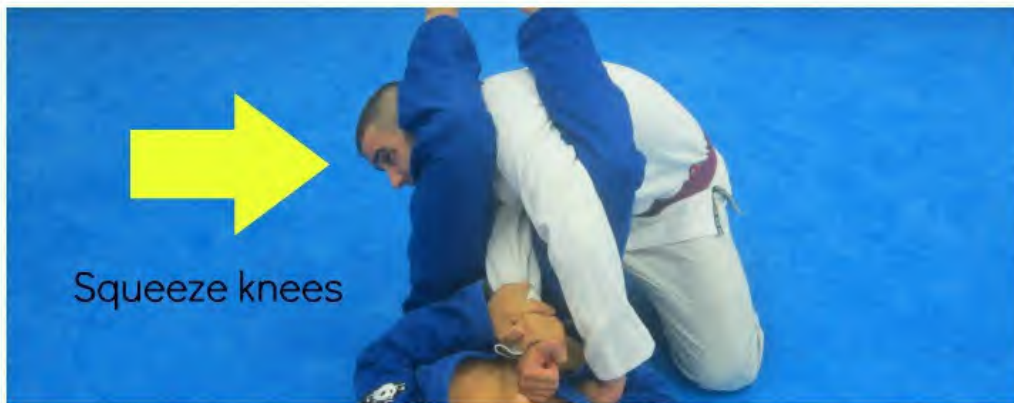
**1. Ken has Rob in his closed guard.**



**2. Ken grabs Rob's elbow with his right hand and locks his own elbow down. Ken places his left foot on Rob's right hip. Ken has Rob's wrist tight to his chest.**



**3. Ken uses his left foot as a fulcrum to swivel to his right. Ken's right heel is in Rob's armpit, pointing left. Ken's left hand blocks Rob's head.**



**4. & 5. Ken brings his left leg around. The leg should feel light if the angle is correct. Ken holds the wrist, thumb turned up, squeezes his knees, lifts his hips, and brings his heels down, toes up.**



# ***KEN'S BLACK BELT TIP***

The Kimura is a common submission that many people misunderstand. Many people use their arm strength to get the move. I like to use my body. I glue the elbow to my chest for as long as possible. Be careful here because you can really hurt your opponent's shoulder if done correctly. I like to use my body to turn the shoulder. I also keep my knees tight to my opponent's body when setting it up so they do not step over my knee. Of note is how to first capture the arm. If your hip is in line with their wrist it will help you get the lock easier.

## **2** **Kimura**





**1. Ken has Rob in his closed guard.**



**2. Ken comes in with both hands to break Rob's posture.**



**3. Ken lifts his elbows up and breaks Rob's posture. Rob posts his hands on the mat to brace himself.**



**4. Ken comes up on his left elbow and unlocks his legs. Ken makes sure his knees are tight to Rob's hips so Rob does not step over.**



**5. Ken has Rob's wrist with his left hand and his right hand is on his own wrist (left). Ken makes sure when he comes up that his hips are in line with Rob's wrist.**



**6. Ken keeps his right knee up and now brings his left heel on Rob's back. Ken has Rob's elbow glued to his chest.**





**7. & 8. Note Ken's left foot is a few inches from his knee so Rob cannot hop over. Ken turns his shoulders to his right and points Rob's thumb to Rob's left shoulder.**

# ***KEN'S BLACK BELT TIP***

This technique is not used as frequently as it should be because many people feel it is a risk to getting their guard passed. Many people often leave room for this technique to occur. I implement Marcelo's style by kicking my leg over the head so my opponent cannot simply lift their head and defend. I like to grab an underside grip on the belt and use my arm to block their hip from stepping over.

**\*This technique is used in our sweeps and arm attacks books**

# 3

## **Omoplata**







**1. Ken has Rob in his closed guard.**



**2. Ken places his left foot on Rob's hip. Ken grabs Rob's wrist with his right hand and pulls on Rob's elbow with his left.**



**3. Ken places his left foot on the mat and kicks his right leg over Rob's head. Ken holds Rob's wrist and grabs the belt with an underside grip (palm up).**



**4. Ken has brought his left foot through. Ken holds the wrist to the inside and has a grip on the belt.**



**5. Ken kicks his feet straight in order to come up.**



**6. Here we see the front angle.**



**7. Ken windshield wipes his feet to his left. Ken brings his right hand to Rob's far collar and pulls on it.**



**8. Ken scoots to his left to break Rob's base.**



**9. Ken leans toward Rob's far shoulder in order to get the shoulder-lock. Omoplata translated means shoulder-blade.**



## ***KEN'S BLACK BELT TIP***

**This is a very common technique used in many situations. I set this up with a variation I like. Bringing the head down as quickly as possible is a good rule of thumb. If you have problems creating an angle due to not being flexible, simply place your outside foot on the floor, hold the shin, and move out until you get your legs in place.**

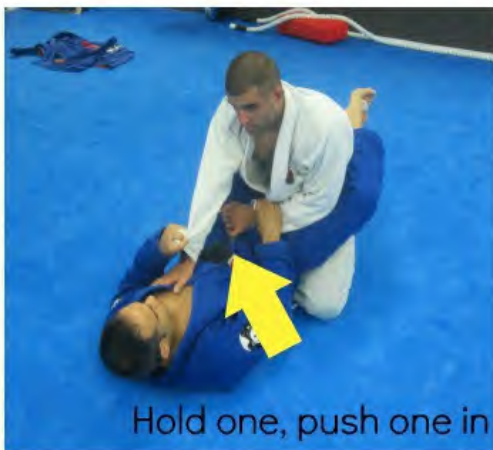
# 4

**Triangle Choke**





**1. Ken has Rob in his closed guard.**



**2. Ken holds the right sleeve and presses the left sleeve near Rob's stomach.**



**3. Ken places his left foot on Rob's hip, pushes Rob's sleeve inside, and lifts his right leg over Rob's shoulder.**



**4. Ken grabs his shin, points his heel down, posts off of Rob's hip with his left foot, and pulls Rob's arm across.**



**5. Ken creates the angle to get a figure-four lock with his legs. Ken's left bottom knee is on top of his right shin near the ankle. Ken grabs the top of Rob's head.**



**6. Ken pulls down on the head, lifts his hips, and squeezes his inner thighs toward one another. Both of Ken's heels are down.**



# ***KEN'S BLACK BELT TIP***

I use what I think is an effective way for getting this choke. I grab deep in the collar with my right hand and try to remove all the collar slack. I place my foot on the mat or hip to get an angle and then come over the top with the other hand.

I try and grab as close as possible to the neck.

Be sure to clench your fists and bring your elbows to your stomach as you raise your hips.

There are many variations to this choke.

**\*Other variations seen in our book called Gi Chokes**

# 5

## **Cross Choke**





**1. Ken has Rob in his closed guard.**



**2. Ken grabs Rob's collar and opens up his legs.**



**3. Ken creates an angle and enters his right hand in the opposite collar.**



**4. & 5. Ken places the left foot on the hip and uses it as a fulcrum to turn to his right, pulls down with his right hand, and he now brings his left hand on top of the collar, close to the neck. Ken centers up, squeezes, lifts his hips, and brings his elbows to his stomach.**



## ***KEN'S BLACK BELT TIP***

I show a guillotine from a Kimura attempt. This is also often shown from a bump sweep attempt. Regardless, I truly believe a key for getting this move is space. I use my heels to kick back a bit in order to get my left hand to my right hand. I then relock my legs, lift my elbows, and kick my legs for the tap.

**\*Other variations seen in our book called Gi Chokes**

# 6

## **Guillotine**





**1. Rob lifts his head up. Ken brings his right hand around and let's go of the kimura.**



**2. Ken comes around the neck with his right hand. Ken's left elbow is tight to his body. Ken scoots back a tad to get the left hand grip.**



**3. Once Ken has the grip he drops back and locks his legs around the waist.**



**4. & 5. Ken pulls his elbows high and kicks his legs away.  
Ken shows the grip without an opponent.**



# ***KEN'S BLACK BELT TIP***

I set this move up by bringing my knee toward my head. I reach under and lift my elbow up in order to get the arm in position. Once I have the arm I keep the wrist tight with my shoulder and ear. Find where the pressure is by practicing. Once you get this down it can be deadly.

**\*Other variations seen in Arm  
Attacks Vol 1 & 2**

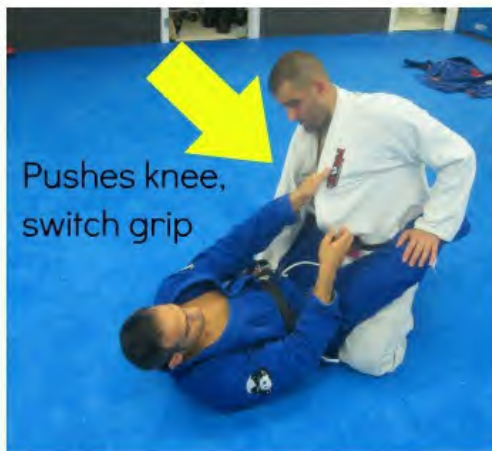
# 7

**Reverse Armlock**





**1. Ken has Rob in his closed guard. Ken has a same side collar grip.**



**2. Rob presses on the right knee. Ken now has a cross grip and pulls down.**



**3. Ken brings his knee close to his arm and slips his right arm underneath.**



**4. & 5. Ken turns on his left shoulder and hugs Rob's arm. Ken's right foot is on his back and squeezing toward his other knee. Ken hugs Rob's wrist with his right ear and left shoulder.**



# ***KEN'S BLACK BELT TIP***

**I try and make this as easy as possible. There are many quicker variations but the basics must be mastered.**

**I find this version to be a great one to teach to a beginner. Follow the details and keep position until you fall back.**

**\*Other variations seen in Arm Attacks Vol 1 & 2**

# 8

**Mount Armlock**





**1. Ken is mounted on Rob.**

Head above hips



**2. Rob presses off of Ken's chest. Ken posts off of Rob's chest and points both hands to his right. Note Ken's arm position in relation to Rob's.**

Press on chest



**3. Ken posts off of Rob's chest, turns, has his right knee up, and left knee down. Ken's body is blocking Rob's elbow.**

Block elbow



**4. Ken now posts his left hand on the mat.**



**5. Ken replaces his left hand with his left foot. Ken comes back and posts his left hand behind his butt.**



**6. Ken holds the wrist with both hands and points the thumb up and away from his hips.**



# ***KEN'S BLACK BELT TIP***

The key to this move is time and patience. You need to keep the mount position at all costs. If I am in danger I let go of the choke and make my base. To finish do not bring your elbows out. Let your chest drop and then pull your elbows to your stomach. There are many set up and finish variations

**\*Other variations seen in Gi Chokes**

# 9

**Cross Choke  
Mount**





**1. Ken is mounted on top of Rob.**



**2. Ken opens up the collar with his left hand.**



**3. Ken pulls the collar and slides his right hand in deep, four fingers inside.**



**4. Ken now comes over with his left hand.**



**5. Ken comes in with his left thumb to the opposite collar, close to the neck.**



**6. Ken now lowers his chest, squeezes his fists, and brings his elbows to his stomach.**



Thank You for Having an Interest in this ebook.

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And BJJ Abs, CLICK <http://bjjimmersion.com/bjj-abssale/> which I made so I could get healthy, live a long life, and also enhance my BJJ because my back was all jacked up.

Thanks so much for reading this.

Feel free to print it out.

In fact, I recommend it.

Talk soon,

Ken Primola

*Pan Am Champion &  
World Champion Takedown Coach*

P.S.also, get at me on <http://instagram.com/kenprimo>